

HISTAMINE FOOD LIST

by Joe Leech, RD, MSc.



EAT THIS: LOWER HISTAMINE

Foods in this column should be used to substitute for the foods in the red column. This can reduce your overall histamine intake substantially.

NOT THAT:

HIGH HISTAMINE

Avoid foods in this column due to histamine, histamine liberating, and DAO inhibiting affects.

Clients: Review all of Module 3: Histamine Elimination before you begin your swaps.

VEGETABLES

Artichoke (fresh)	Cauliflower	Olives (rinsed)
Arugula	Celeriac	Okra
Asparagus	Celery	Pak choi
Beetroot	Chard	Parsnips
Bell peppers	Cucumber	Potato (white, sweet, yams)
Bok choy	Fennel	Rutabaga
Broccoli	Garlic	All squash and pumpkin
Brussels Sprouts	Ginger, Green beans	Sweet corn (fresh or frozen)
Caper	Kale, Kohlrabi	Turnips
Carrots	Leafy herbs	Water chestnut
	Onions	

Eggplant
Dried vegetables:
sun-dried tomatoes
Fermented vegetables:
Sauerkraut/kimchi/pickles
Mushroom
Peas
Spinach
Tomato (and tomato products)

FRUITS

Apple	Gooseberries	Nectarine
Apricot	Grapes	Pears (canned or fresh)
Blackberries	Guava	Peach
Blueberries	Jackfruit	Persimmon
Clementine	Mulberries	Pomegranate
Cherries	Nectarine	Raspberries
Elderberry	Pears (canned or fresh)	
Fresh figs	Peach	

Avocado
Cantaloupe
Citrus (lemon, lime, orange, grapefruit)
Dried fruits
Honey Dew
Kiwi
Papaya
Passion Fruit
Pineapple
Plantains
Strawberries
Watermelon
Very ripe banana

Swap tips:

Avoid eliminating an ingredient, aim to replace as needed. Eat foods listed as fresh as possible, store foods chilled or frozen when applicable, and freeze and reheat leftovers. Consider making swaps gradually as a withdrawal effect may occur with initial changes.

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How to reduce histamine contributors while testing for histamine intolerance.

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CEREALS, GRAINS, NUTS, SEEDS, & FLOUR

Corn
Popcorn
Cornmeal
Cornflakes
Cassava
Oatmeal
Rye bread
Wheat bread
Wheat pasta

Millet
Rice
Quinoa
Wheat
Amaranth
Buckwheat
Bulgar
Coconut
Couscous
Farro

Gnocchi
Soba noodles

Store nuts/seeds in freezer:
Flaxseed
Hempseed
Macadamia nut
Pumpkin seeds
Sesame seed
Sunflower seed

Almonds
Brazil nuts
Cashews
Hazelnuts
Peanuts
Pecans
Pistachios
Walnuts

Polenta (prepped with Parmesan)
Seitan
Sourdough bread
Wheat germ

MEAT, EGGS, LEGUMES AND SOY PROTEIN

SEAFOOD

Alaskan pollock
(most frozen US "fish sticks")
Cod (from frozen)
Trout

VEGETARIAN

Steamed edamame
Eggs
Chickpeas (Canned and rinsed)
Chickpea pasta
Firm tofu (up to 3 oz)

MEAT, POULTRY

Beef (whole not ground)
Bison
Chicken (with or without skin)
Elk
Goat
Lamb
Pork,
Turkey
Venison

PROTEIN POWDER

Rice protein powder
Hempseed protein powder

SEAFOOD

Anchovies
Atlantic herring
(kippered)
Blue mussels
Pickled herring
Smoked Mackerel
Sardines (any)
Tuna (fresh or canned)
Halibut
Salmon (wild caught)
Shrimp

VEGETARIAN

Most legumes
(lentils, beans)
Tempeh
(fermented)

PROTEIN POWDER

Any other protein powder

MEAT, POULTRY

Bacon (pork or turkey)
Beef tenderloin
Chorizo
Ham
Duck
Frozen meatballs
(chicken, beef)
Salami
Ground meats
Liver
Rotisserie chicken
Sausage

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DAIRY AND ALTERNATIVES

Buffalo mozzarella	Plain yogurt (cow or goat)
Buttermilk	Plant milks: coconut, hemp, flax, rice
Cottage cheese	Ricotta
Cow's milk	Skyr yogurt (Siggi)
Cream cheese	Quark cheese
Dairy Creamer	
Goat milk	
Halloumi	
Marscapone	
Paneer	

Almond milk	Feta cheese
Oat milk	Goat cheese
Bleu Cheese	Gorgonzola, Gouda (aged)
Cheddar cheese (aged)	Gruyere (aged)
Fermented dairy: soy/almond yogurt, kefir, fermented sour cream	Parmesan cheese (aged)
	Provolone (aged)
	Stilton cheese

PANTRY STAPLES

Agave	Hempseed oil	Onion powder
Baking soda	Himalayan Salt	Oregano
Basil	Honey	Pectin
Butter	Horseradish	Peppermint
Chives	Leafy herbs	Rosemary
Coconut oil	Lemongrass	Sea Salt
Cream of tartar	Macadamia nut oil	Stevia
Flaxseed oil	100% Maple syrup	Thyme
Garlic	Molasses	
Ghee	Olive oil	

Anise	Miso
Bouillon Cubes	Mustard
Cinnamon	Nutmeg
Cloves	Oyster Sauce
Coconut Aminos	Paprika
Curry powder	Pesto
Garam Masala	Soy Sauce
Ketchup	Tabasco
Marmite	Vinegar
Mayo	

BEVERAGES

Coconut water	Mineral Water
Decaf coffee	Water
Ginger Ale	Non-alcoholic beer
Herbal tea	Vegetable juice:
Juices made from low histamine fruits: Apple, Cherry, Grape, Pomegranate, Prune	Carrot
	Electrolytes:
	Berri Fit Hydration*

Alcoholic beverages	Hot chocolate
Black and Green Tea	Kombucha
Bubble tea	Mate
Coffee (reg)	Tonic water
Energy drinks	
Juices made from: Cranberry, Grapefruit, Lemon, Lime, Orange, Tomato	

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SWEETS AND SNACKS

Apple Strudel
Crisp bread
Granola bar (no nuts)
Jam or jelly: Apricot, blackberry, plum, raspberry
French Toast
Ice cream (vanilla)
Marshmallows
Oatmeal cookies

Pancakes
Popcorn
Potato chips/crisps (plain, salted)
Pretzels
Rice pudding
Rice crackers
Rice cakes
Unflavored Corn Chips
Waffles

Chocolate
Flavored tortilla chips
Flavored potato chips
Hazelnut spread
Hot chocolate
M&M's
Orange marmalade
Strawberry jam

INCREASE THESE

Include foods that can naturally decrease histamine and support DAO production

Foods high in Quercetin: Apples, red onion, blueberries, parsley, olive oil

Foods high in DAO: Pea sprouts

Aid in blocking histamine receptor H1: Stinging Nettle Tea

Mast Cell Stabilizing: Ginger, garlic, turmeric

Adequate hydration and electrolytes: Filtered water, coconut water

Interested in personalized guidance to reach
your gut health goals as fast as possible?

Watch this short video on how our exclusive
'Diet vs Disease system' works and how it will
get you lasting results faster than anything else:

Tap below to watch now:

www.DietvsDisease.com/Faster-Gut-Health

Alternatively, use the
camera on your phone or
iPad to scan the QR code
to open the website.



Please read the brochure below



Diet ^{vs.} Disease

Personalized health on demand.



A clinically-proven approach like no other.

At Diet vs. Disease we provide
concierge-level care.

Our GI-specialist team dedicate time to
understand your symptoms, medical history,
diet, lifestyle and health goals.

We're the leading experts on everything that
goes in and everything that comes out... so we
(really) get to know you.



We utilize clinically accurate stool
profiling to treat the root cause.

Our stool testing uses premier biomarkers and
advanced technologies other clinicians don't have.

Combined with unique insights into digestive
function, intestinal inflammation, and the gut
microbiome, you get in-depth information that
uncovers the root of the problem.

We hold your hand and stay by your side, start to finish.

Frequent one-to-one check-ins with your dietitian, alongside the best tools and proven techniques, ensures we stay on track to reach your goals.

You also receive unlimited messaging with your dietitian, so support is available to you whenever you need it.



Our holistic approach targets the gut, the brain, and the behaviour.

Diet is in our name, but we know gut health is much more than that.

You also get access to our mindset and psychology experts, specializing in anxiety management, vagus nerve sensitivity, the gut-brain axis, and emotional eating.



We make sure you're never
on your own.

Access our (optional) private community that
includes regular Q&A sessions and
masterclasses by our GI-specialist team.

It's also an opportunity to connect and learn
from the shared experiences of other clients
in the program.



So that you can eat with freedom
and live your best life.

Diet vs. Disease is a team effort. By
partnering with our clients, 91% report
dramatic improvements in symptoms and
quality of life within weeks.

Diet vs. Disease

Premium Program

Partner with your own GI-specialist dietitian

- One-to-one sessions every second week to understand your progress and implement the plan as required.
- Our premium clients average 9x more direct clinician time vs. the conventional health system.

Advanced testing for underlying issues included

- Industry-leading stool profile testing is included to get clarity on the root causes and drivers of your symptoms.
- In-depth review of your results with your dietitian and tailored recommendations.
- Insights on gut health, hormones, inflammatory markers, and your nutrition status.

Real-time personalized feedback based on data

- Detailed nutrition and health tracking with specialty app to monitor macronutrients, micronutrients, FODMAP compounds, cardiovascular health markers and more.
- Custom-made meal plans and recipes as required.

Diet vs. Disease

Premium Program

Unlimited messaging between sessions

- Message your dietitian whenever you need.
- No more waiting rooms or wait lists.

Mindset & health coaching to reach your goals

- One-to-one sessions as needed with our coaches that specialize in behavior change, mindset, and relationship with food.
- Expert support for managing anxiety, stress, poor sleep, and emotional eating.
- Full access to licensed gut-directed therapy app if required

Exclusive clients-only group

- Weekly Q&A sessions and masterclasses by our team on topics such as nutrition, gut-brain axis, vagus nerve, psychology, behavior change and more.
- Connect and learn from the shared experiences of other members in the group. No more doing this on your own.

Meet Our Clinicians



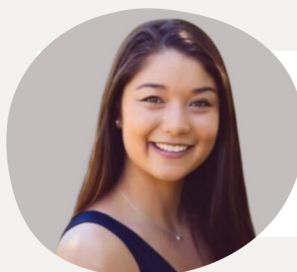
Joe Leech (RD, MSc) is an Australian dietitian based in Sweden. He graduated with a Master's degree in Nutrition and Dietetics in 2011. Joe founded Diet vs. Disease in 2019, a US company that operates worldwide.

Ryanne Lachman is a Registered Dietitian (RD) from Ohio. She has a Master's degree in Human Nutrition and Functional Medicine, and spent four years at the Cleveland Clinic Center for Functional Medicine.



Tim Matthews is a Monash-certified FODMAP dietitian that graduated with a Bachelor's degree in Nutrition & Dietetics. He is from the UK and now resides in Brisbane, Australia.

Victoria Cimino (RD) is a Monash-certified FODMAP dietitian based in San Diego. She has a Bachelor's degree in Nutrition and Dietetics and a Master's degree in Nutrition Therapy.



Taylor Hanna is a Monash-certified FODMAP dietitian that resides in Alberta, Canada. She has also completed a Master's degree in Adult Health Education and is a Certified Diabetes Educator.

Meet Our Clinicians



Erin O'Neill (APD) is a dietitian based in Brisbane, Australia, and has over two decades of experience. She has a Bachelor's degree in Health Science and a Certificate in Paediatric Nutrition and Dietetics.

Rosie Hogg is a dietitian from the UK. She has a Bachelor's degree in both Public Health Nutrition and Nutrition and Dietetics. Rosie worked and trained as a gastroenterology dietitian at one of the UK's largest teaching hospitals



Emily Gabel (RD) is a Monash-certified FODMAP dietitian based in Ohio. She has a Bachelor's degree in Nutrition and Dietetics and trained through Ohio State University's Human Nutrition Dietetic Internship.

Rachel Manthey is a Registered Dietitian (RD) from Ohio. She has been practicing nutrition for over a decade and trained at the Cleveland Clinic Center for Functional Medicine. She specializes in gastrointestinal disorders.



Nicholas Needs is an Australian dietitian that lives in Spain (and speaks fluent Spanish). He has a Master's degree in Nutrition and Dietetics and is now training to become a doctor with the aim of becoming a gastroenterologist.



Jay Hayes is an AHA accredited Clinical Hypnotherapist and Psychotherapist from Brisbane, Australia. She has a Bachelor's degree in Arts (Psychology), and is also an AASW accredited Social Worker.

Beth Sands is an Australian Nutritionist that now lives in Portugal. She has a Bachelor's degree in Food and Nutrition science and specializes in culinary nutrition and meal planning for specific health conditions.



Julie Gold is a National Board Certified Health and Wellness Coach from Colorado. She has specialized training in cognitive behavioral coaching, motivational interviewing and insomnia management.

Scientific Advisory Board

Dr. Jordan Shapiro (MD) is a Gastroenterologist in Texas. He focuses on disorders of gut-brain interaction (e.g. IBS), pelvic floor disorders, and patients with IBD (e.g. Crohn's disease and ulcerative colitis).



Dr. George Schatz (MD) is a Board Certified physician in Arizona. He is certified in Functional Medicine and blends the best of Primary care, Integrative Medicine, and Functional Medicine.

Does this program work?

Read 300+ independent reviews on [TrustPilot](#).
Watch 100+ video testimonials in our [Client Stories](#).


 **Mike Newby**
1 review 📍 US



5 Feb 2024

Healthy investment!

I have been on a two year journey of digestive problems. I feel somewhat unique because this all started after having Covid. No issues prior. I was reluctant at first due to the cost of diet vs disease. However, it has been a life changing investment. My journey continues, but I'm seeing progress and hope. I have learned a ton from my dietician Ryanne. More than any doctor that I have seen. She is very knowledgeable, supportive, kind, and compassionate. I'm not sure where I would be without here guidance. The support and information you can receive from the entire DvD community is fantastic. Thank you Ryanne and the entire team!


 **Kristin Pruett**
1 review 📍 US



2 days ago

After struggling with gut issues and...

After struggling with gut issues and diarrhea for 9 years with no real answers it was so reassuring to have someone in my corner to help with trial and error and not give up until we found healing for my gut. It takes time and Taylor was amazing to take the time.

 **Janice**
2 reviews 📍 CA



Updated 2 days ago

Moving forward to good health

We joined this program to help my 88 year old husband's quality of life. The pain episodes were constant and his will to live compromised. Within a week his belching and bm's improvement was noticeable. We learned so many aspects of what FODMAP foods do. How to navigate moving forward to good health with quality caring dietitian coaching Taylor. With this program, the 24/7 care was paramount !!!!!. who does that? The mindset coach Julie was so very helpful and set us up with resources to continue after this program ended. Joe has a great team to lead us to wellness.

 **Ashley Van Meter**
1 review 📍 US



11 Jan 2024

This is a whole health experience

This is a whole health experience. Each person who works on your file is concerned with not only your gut health, but your mental health, as well as your overall health. It is a whole person experience, where they work on the cause of your problems, not just treating your symptoms with a drug, as American medicine mostly does.

Does this program work?



Cindy Jones

1 review 📍 US



4 days ago

This program helped me so much

This program helped me so much! I was able to find out what was causing my digestion problems and really address that. My nutritionist really listened and helped to figure it out. I feel better than i have felt in 4 years

Date of experience: January 21, 2022



Judy Ellis

1 review 📍 US



Dec 21, 2022

If you are suffering from gastro-intestinal distress . . .

DvD is an intelligent program with professional consultants and expert information. I started right after I had had a bad diverticulitis attack. I have not had another attack since then. It is great to have so many resources so close via computer. The program makes you focus on your eating habits and patterns. If you want success, you have to dedicate yourself to the work. It can be time consuming, so make sure you have the time and the desire for the results.

Date of experience: December 20, 2022



karen donaldson

1 review 📍 US



Dec 20, 2022

Diet vs Disease is invaluable in all that it offers

The scope of Diet vs Disease with all it covered from 1:1 coaching, facebook groups, webinars and all the services made for an incredible learning experience. In addition the 1:1 work with the dietician was invaluable.

Date of experience: August 29, 2022



Ruthanne Robertson

1 review 📍 US



Dec 11, 2022

I Have My Life Back

I won't say it was easy, but it was worth every penny and all the time spent. Having someone with the specialized knowledge regarding gastrointestinal health was indispensable. As I went through the program, I realized I couldn't have done it without guidance.

Read 300+ independent reviews on [TrustPilot](#).
Watch 100+ video testimonials in our [Client Stories](#).

The Diet vs. Disease mission.

Most of us feel overwhelmed when it comes to diet and nutrition, *especially* those with a digestive disorder or disease.

It's clear that conventional systems and approaches lack the time, touch-points and support required to properly help the patient.

Our mission at Diet vs. Disease is to provide *personalized* guidance for your digestive disorder, with concierge-level support, to ensure we fix the problem...

So that you can live your healthiest and happiest life.

We look forward to meeting you!

Sincerely,



Joe Leech, RD, MSc (Dietetics)

Diet vs. Disease

